

2018-2019 Competitive

South Lyon Cheerleading



Tryout Packet

Requirements and Essential Information

October 2018

Dear Cheerleading Candidates and Parents/Guardians:

Thank you for your interest in trying out for the 2018-19 South Lyon Competitive Cheerleading Team. We appreciate your enthusiasm and interest in our program. The purpose of this packet is to familiarize you with the rules and expectations of our program.

Candidates must meet certain qualifications in order to try out for cheerleading. We hold our athletes to a high standard and insist they maintain at least a 2.2 GPA.

Cheerleading can be a truly rewarding experience, but it also requires a large commitment. Candidates attitudes and abilities to work with other different personalities must be exceptional. Please be aware of this as you prepare to take on the challenges and responsibilities of becoming a member of the South Lyon High School Cheerleading Squad.

This packet must be completed and turned in on **WEDNESDAY NOVEMBER 6TH, at 3:30 pm**. See page 7 for attire requirements.

- Mandatory Parent/Athlete Meeting will be **Tuesday, November 6th at 6pm** in lecture hall
- Tryout Clinic will begin **Wednesday, November 6th, 3:30-5:30pm** in aux gym
- **FINAL DAY TRYOUT, November 7th, 3:30 pm-???**- please be sure to bring a large snack or have dinner dropped off to you. On this day, you will perform your try out for the coaches and no one is to leave until call backs are complete. Please allow schedule for a late day/night.
- **Practice begins Saturday, November 10th**, time TBD

Thank you, and good luck!

Sincerely,

Sarah Fierk, Varsity Coach (snow.sarahlynn@gmail.com)

Megan Brusca, Varsity Coach (megs_1387@yahoo.com)

Kori Sternik, Junior Varsity Coach (kmsterni@mtu.edu)

South Lyon Cheerleading Rules, Procedures, & Agreements

Academics

All team members must have 2.2 GPA or higher. Those who are below the 2.2 GPA mark will be inactive cheer team members.

Attendance—this is the MOST important aspect of this packet! Missing practice results in your ENTIRE TEAM suffering so it is important to attend ALL practices!

Excused Absences

Attendance is crucial for a team's success; however, we understand there are times absences will be unavoidable. **For an absence to be excused the student's coach must be informed at least 24 hours in advance and IN WRITING (email or note). WORK IS NOT EXCUSED!**

3 excused absences = pull from round(s)

4 excused absences = pull from round(s)

5 excused absences = dismissal from team

Unexcused absences

If the athlete's coach does not know about an absence 24 hours in advance the absence will be unexcused.

1 unexcused absence = pull from round(s)

2 unexcused absences = pull from round(s)

3 unexcused absences = dismissal from team

Please note, missing 1 hour of a practice will count as an absence.

Missing practice because you have to work is NOT excused.

Practices/Competitions

- Team members are expected to be dressed and ready for practice/competitions at designated time. THIS MEANS: **HAIR UP, SHOES ON, and JEWELRY OFF!** No nail polish at competitions—this is a penalty from the safety judges.
- Arriving late or leaving early from practice will result in extra conditioning or sitting out of games/competitions. **Not being READY for practice before the start time means you are LATE because then you can't help with mats!**
- You must be wearing the designated attire for the practice or game/competition. Uniforms are the property of South Lyon Community Schools and must be maintained by each athlete. If uniforms are lost or damaged, the athlete to whom the uniform was last issued must pay for the cost of replacement or repairs. **Team members are responsible for the purchase of their own socks, shoes, briefs, mocks and any other "team" equipment.**
- Cheer team members must show good sportsmanship at all events and contests.
- Positive attitudes are a must! Negative attitudes (including shouting at others, cursing, disrespectful behavior, etc.) will result in disciplinary action.
- All athletes must respect all coaching staff. Disrespect will NOT be tolerated, and disciplinary action will be taken as the need arises at coaches discretion.
- No Cell Phones at practice or games. If parents need to contact athletes for emergency issues, they may call the coaches. Coaches reserve the right to collect all cell phones.

- **BUS:** You are expected to ride to and from a game/competition on the bus with the team if one is provided. Only extreme exceptions will be made and must be arranged with coach 48 hours in advance.
- **Any athlete who does not behave in an appropriate manner to be representing SLHS and the community (including illegal use of alcohol or other abusive substances, smoking, disrespectful behavior, insubordination, or any other behavior deemed inappropriate) will be immediately dismissed from the program.**
- All student athletes within the cheer program will conduct herself with due regard to the public decorum and morals. She shall not commit any act that indicates dishonesty or moral degradation or that otherwise could injure the student or program's reputation. This includes any online activity.

Financial Obligations

There are financial obligations that must be met within the cheerleading program. Costs will include, but are not limited to, "team wear". The Boosters Program will discuss in detail at the Mandatory Parent meeting.

1st Payment Due of \$250.00 – November 13th

Pay to Participate of \$175.00 – November 13th **Made out to **South Lyon Athletic Department**

2nd Payment Due of \$100.00 – December 11th

3rd Payment Due remaining balance – January 15th

- Your purchase in Dancewear Gallery. The girls need navy body liners, spanx, and yoga pants for under skirts at school. They try on sizes at practice, we call Dancewear Gallery and place the order, and they call us when all the items are in for pick up. Parents drive to Dancewear Gallery in New Hudson and pay them directly for these items and pick up. We do this because we get a discount for ordering as a group. These items total approximately \$75-80.

INDIVIDUAL fundraisers may be held depending on interest of parents. ALL INDIVIDUAL FUNDRAISING needs to be completed in the first few weeks of the season as all individual costs are due in November/December. In order for the funds to be applied to individual accounts they must be completed before then.

TEAM GYMNASTICS: Team gymnastics is required by all members of the cheerleading teams. During this time the girls will work on team coordination and team tumbling, as well as receive one on one instruction. Coaching staff feels this is best for our increasing level of skill.

We will be attending Infinity Gymnastics. Cost is \$25 registration fee. Approx. \$12 per class, for one hour and 15 minutes of instruction. Dues will be paid monthly.

Time Commitment

5-6 days a week: Regular 2-3 hour practice

1 day a week: Gymnastics for 1 hour

Communication Guidelines

Parents/guardians and athletes will frequently be sent calendars, notifications, and/or newsletters. It is ultimately the athlete's responsibility to see that their parent/guardian gets these documents but everything will also be posted on our website at **www.southlyoncheerleading.webs.com**. You may also check the twitter for the latest announcements.

Our twitter account name is SLHSCheer.

Parent meetings and booster meetings are also extremely important. These meetings give important information that parents/guardian will need to know.

Please note that all practices are closed. No one (siblings, friends, parents, etc.) will be allowed in the practice facility during practice time; therefore, issues cannot and should not be addressed during scheduled practice time.

Before contacting the coach, it is encouraged that your daughter talks with her coach if possible. The girls are young adults and learning how to talk about issues with their coach will better prepare them for possible situations in the future :)

If you have a question, conflict, or idea please follow the following steps:

Step 1: Contact your athlete's coach as soon as the question or conflict arises.

Inappropriate times to contact coaches:

- Immediately before, immediately after, or during games.
- Immediately before, immediately after, or during practices without prior arrangements.
- In a public setting--**such as at a SLHS athletic event**

Appropriate ways to approach coaches:

- Phone or email coach to discuss issue or ask questions
- Phone or email coach to set up a time for an appointment if issue is more than a quick question
- Please refrain from calling the coaches after 8:00pm or on Saturday and Sunday.

Step 2: If you do not feel as though your issue was handled correctly at that level, please make an appointment to see the head coach of the sport.

Step 3: If you do not feel as though your issue was handled correctly at that level, please make an appointment to see the athletic director.

* Please note, skipping steps in the chain of command will result in confusion and you will be directed to go back to the beginning. We welcome the opportunity to discuss our program with you. **WE STRONGLY ENCOURAGE OPEN COMMUNICATION! We can't solve problems that we don't know about!**

Additional Important Information

- We ask that you do your best to plan events and appointments so that they do not interfere with games, performances, or practices. You are allotted a set number of absences... please use them wisely!
- All athletes are expected to show respect, courtesy, and support to others. A positive attitude is required!
- GRADES COME FIRST! See your coach if you are struggling academically so arrangements to attend tutoring, homework make-up, etc. can be made.

All cheer team members receive many valuable and rewarding experiences from being a part of this program, experiences they will remember long after they graduate from high school. These activities will not only channel their enthusiasm in a constructive and beneficial manner, but will give them a sense of pride and accomplishment in being a part of a group that is hard-working and respected. Cheerleading is not a social group, nor does it mean instant popularity; it is a form of character-building and physical development which requires a lot of hard work and dedication. Because it is a physical activity, it also involves a risk of physical injury. When making your decision regarding whether or not to try out, please be aware of this risk.

How Will You Be Judged?

Score sheets will be used to judge each area evaluated. Coaches' scores will be averaged to come up with a final score for each athlete. Each athlete trying out will be assigned a number to make sure judging is fair and impartial.

The following items are highly desired for a Varsity Cheerleader

- Perform a back walkover/ back handspring/ back tuck with good form
- Have a stunting mastery, including liberty, **full twist cradle**, extension sponge extension, and reload from a cradle to an extension

- Mastery in motion, execution, and technique
- Have clean jumps with good form and height
- Perform right and left switch splits

All athletes will be evaluated in the following areas:

- Work ethic and drive
- Ability to perform skills at the necessary level
- Ability to improve and adjust to coaches' requests
- **Attitude** and effort
- Ability to keep up with the physical regimen and needs of the sport
- Show athletic potential to improve throughout the season
- Stunting ability and strength, motions, voice and expression in performance, jumps, flexibility, tumbling skills, and execution.

Checklist for Try Outs!

- ✓ Wear WHITE T-shirt and NAVY shorts, white shoes, hair up, no nail polish, BOW
- ✓ Grade sheet (Candidate Application)
- ✓ Signed Rules
- ✓ Pay to Play FORM-not the check (also called participation fee & expectation form)
- ✓ YOUR NUMBER clearly displayed on your shirt for day 2 of try outs
- ✓ Emergency Contact Form
- ✓ Transportation Form
- ✓ Concussion Form
- ✓ Physical

All below forms MUST be turned in on first day of tryouts!

**SOUTH LYON COMMUNITY SCHOOLS
ATHLETIC PARTICPANT EMERGENCY CONTACT FORM**

First Initial Last Name: _____

Athlete Emergency Information

Athletes Full Name (First, Middle, Last): _____

Date of Birth: _____/_____/_____ Grade: _____

Home Address: _____

City: _____ Zip Code: _____

Health Insurance Company: _____ Policy Number: _____

Family Doctor: _____ Phone #: _____

1. Parent / Guardian: _____

Home #: _____ Work #: _____ Cell #: _____

2. Parent / Guardian: _____

Home #: _____ Work #: _____ Cell #: _____

In case of emergency, if you are unable to reach a parent/guardian, please contact:

Name: _____ Relation: _____

Home #: _____ Work #: _____ Cell #: _____

Parent/ Guardian Consent to Treatment

I, _____, the
(NAME OF PARENT/GUARDIAN)
undersigned parent/guardian of _____,
(NAME OF STUDENT)

a minor, do hereby authorize the South Lyon Community Schools athletic department director, coaches, athletic trainer or other school representative on my behalf to consent to ANY medical treatment deemed necessary by any licensed physician/surgeon in the event of illness or injury to the above-named minor.

This consent to treat is intended to cover any illness or injury sustained while participating in any school athletic competition or practice, on or off campus, and while traveling to and from the event.

If, in the judgment of any representative of the school, the above named student needs immediate care and/or treatment as a result of any injury or illness, I do hereby request, authorize and consent to such care and treatment as may be given to said student by any physician, trainer, nurse, hospital, or school representative, and I do hereby agree to indemnify and hold harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student. I hereby authorize any hospital that has provided treatment to the above named student to surrender custody of that student to the coach, athletic trainer, or other school representative upon completion of treatment.

These authorizations shall remain effective until the end of the 20_____/20____ school year

Parent / Guardian Signature

Date

Signature of Student

Date

Educational Material for Parents and Students (Content Meets MDCH Requirements)

Sources: Michigan Department of Community Health, CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

UNDERSTANDING CONCUSSIONS

Some Common Symptoms

Headache
Pressure in the Head
Nausea/Vomiting
Dizziness

Balance Problems
Double Vision
Blurry Vision
Sensitive to Light

Sensitive to Noise
Sluggishness
Haziness
Fogginess
Grogginess

Poor Concentration
Memory Problems
Confusion
“Feeling Down”

Not “Feeling Right”
Feeling Irritable
Slow Reaction Time
Sleep Problems

WHAT IS A CONCUSSION?

A **concussion is a type of traumatic brain injury** that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven’t been knocked out.

You can’t see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION:

- 1. SEEK MEDICAL ATTENTION RIGHT AWAY** – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don’t hide it, report it. Ignoring symptoms and trying to “tough it out” often makes it worse.
- 2. KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don’t let the student return to play the day of injury and until a health care professional says it’s okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- 3. TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** – Schools should know if a student had a previous concussion. A student’s school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Can’t recall events prior to or after a hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people/places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously.)

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to www.cdc.gov/concussion.

Participants and parents please review and keep the educational materials available for future reference



CONCUSSION AWARENESS EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by South Lyon Community Schools.

Participant Name Printed

Parent or Guardian Name Printed

Participant Name Signature

Parent or Guardian Name Printed

Date

Date

****Return this signed form to **YOUR COACH!** As the sponsoring organization, this information must keep on file for the duration of participation or age 18.

Coaches if you received this information at the same time as the physical please staple the 2 forms together, if not turn into the athletic office.



South Lyon Community Schools
Extracurricular Activity Transportation Consent Form
For Off-Site Facilities

Name of Student (Please Print)

Name of Parent/Guardian (Please Print)

Extracurricular Sport in which student wishes to participate

_____/_____
School Year

The student, and if the student is a minor, his/her parent or legal guardian understand and agree as follows:

1. Participation in the elective extracurricular activity/athletic program listed above will require travel both within and away from the South Lyon Community School District. In certain circumstances, the School District may provide transportation to and/or from events related to the extracurricular activity/athletic program. In consideration for the opportunity to participate in the elective extracurricular activity/athletic program, the student will ride in District-provided transportation, if available. If District-provided transportation is available, a student may only ride with his/her parent or legal guardian instead of District-provided transportation if an **Election to Transport Student From School-Sponsored Event Form** has been submitted and signed by a student's parent/guardian.

2. In certain circumstances, the School District may not provide transportation to/from the elective activity/athletic program, including practices. In those circumstances, the student and, if the student is a minor, his/her parent or legal guardian take full responsibility for the student's transportation.

3. If District-provided transportation is unavailable, the decision as to whether a student will personally drive, ride with his/her parent or legal guardian, ride with the parent or guardian of another student participant, or ride in a vehicle driven by another student participant shall be exclusively made by the student and the student's family. The District shall bear no liability for the consequences of such decision.

4. No person who drives the student to or from the elective extracurricular activity/athletic program, including practice, for which the School District does not provide transportation, shall be considered an agent or servant of the School District, in any respect or for any purpose, while driving my student to or from such practice or activity. Should any claim be made against the School District based on the driving conduct of any such person while that person is providing transportation for the Student, the Student and/or his parent or legal guardian will defend, indemnify and hold the School District harmless as to such claim.

X

Signature of Parent/Guardian

(Required if student is under 18 years of age)

DATE SIGNED

X

Signature of Student

DATE SIGNED

Gymnastics Waiver

South Lyon High School

I _____ (parent name printed) grant my daughter
_____ (participant name printed) permission to participate in gymnastics
instruction with the coaching staff at the facility of South Lyon High School. Careful spotting
practices will take place, but with the nature of the sport, gymnastics can carry inherent risks. I will not
hold South Lyon High School, the facility, the equipment, or the staff at South Lyon High School
accountable for any injury that may occur. I know that my daughter is participating at her own risk and
should not perform gymnastics skills that she isn't comfortable performing.

Parent Signature

Date

Participant Signature

Date